



GIST 1 student cafeteria weekly meal plan



* 상기 식단은 시장 수급 상황 또는 식당 사정에 따라 달라질 수 있습니다.*

2022년 에이치비푸드시스템

★	12월 12일(월)	12월 13일(화)	12월 14일(수)	12월 15일(목)	12월 16일(금)
breakfast	black rice udon soup fried egg1 curry rice stewed meatballs roasted seaweed cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 stir-fried pork stir-fried vermicelli stir-fried broccoli mushrooms cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 vienna stir-fry squid potatoes meat dumpling cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 menchi cutlet*mustard shrimp and radish stew seasoned lettuce cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 stir-fried pork kimchi grilled tofu stir-fried seaweed stem cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	black rice	black rice	black rice	black rice	black rice
lunch	beef bone sundae soup	flying fish roe stone pot rice	clam soft tofu stew	chicken noodle *pork tofu sushi	kimchi fried rice *sausage*fried egg
	stir-fried seafood udon	sausage penne pasta	braised pork and quail eggs	kkan poong dumplings	sweet and sour pork
	bacon braised potatoes	kimchi shrimp pancake	ramen tteokbokki	spinach greens	bean sprouts
	dried radish cabbage kimchi	shireagi miso soup cabbage kimchi	soybean stew cabbage kimchi	pickled radish cabbage kimchi	udon soup cabbage kimchi
	broccoli*wrapped kelp	spring cabbage coleslaw	orangeade	green salad	vegetable side dish
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice back bone soup stir-fried vermicelli grilled tofu seasoned cucumber yogurt cabbage kimchi	black rice bag stew*ramen pork cutlet salad shrimp and radish stew spinach greens roasted laver cabbage kimchi	black rice fish cake soup stir-fried cheese chicken crinkle cut seasoned vegetable bean sprouts seasoned cabbage kimchi	black rice shireagi miso soup stir-fried pork stir-fried fish cake seasoned with leek wrapped vegetable*miso cabbage kimchi	black rice sujebi soup stewed meatballs fried dumplings stir-fried anchovy dried radish cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺀(국내산)삼겹살(미국산),고등어(국내산),김치(배추,고춧가루:중국산)닭(국내산)쌀(국내산)

★ 알레르기 유발식품 (Allergy-induced food labelling guidance) ★

①난류(egg), ②우유(milk),③메밀(buckwheat),④대두(soybean), ⑤땅콩(peanut), ⑥밀(wheat), ⑦새우(shrimp), ⑧돼지고기(pork), ⑨닭고기(chicken), ⑩쇠고기(beef), ⑪오징어(squid), ⑫고등어(mackerel) ⑬조개류(shellfish)⑭토마토(tomato)⑮아황산염(sulphite)